

Solving the Menopause Puzzle



From the Executive Director

The year 2009 was a milestone for The North American Menopause Society (NAMS). Our founder, Dr. Wulf Utian, retired after creating the organization in 1989 and providing 20 years of outstanding leadership. Dr. Utian's dream became our Mission: to promote the health and quality of life of women through an understanding of menopause.

NAMS is a nonprofit 501(c)(3) scientific organization focusing on menopause and all of its implications. We affirm that menopause is a normal and natural event in a woman's life, and at the same time we recognize that for many women the menopause transition is accompanied by symptoms such as hot flashes, sleep disturbances, and sexual issues that are very disruptive in their lives.

Menopause heralds a new phase in life—the postreproductive years. Besides dealing with symptoms, women are entering a phase where they should be thinking about preventing cardiovascular disease, osteoporosis, loss of sexual function, and loss of fitness.

NAMS addresses all of these issues. We are globally recognized as the authoritative source of accurate and objective health information regarding menopause and beyond. In a world where myths and

misconceptions still exist, NAMS brings medical truth to millions of women, their families, and their healthcare providers. By certifying healthcare providers through our NAMS Certified Menopause Practitioner program and by providing evidence-based menopause information to women, we expect women and their clinicians to be making better-informed healthcare decisions.

We thank our 2,000 members around the world for their enthusiastic support of our Mission. Under the guidance of the NAMS Board of Trustees and the NAMS Foundation Board of Directors, the NAMS staff does an outstanding job seeing that the program goals are met.

We are deeply grateful for the financial support from dues, donations, grants, fees, and all of the contributions to the special Dr. Utian Events this year that have served to make our work possible. We hope our Annual Report inspires you to further our Mission.

Sincerely yours,

A handwritten signature in black ink that reads "Margery L.S. Gass". The signature is written in a cursive, flowing style.

Margery L.S. Gass, MD, NCMP

Our Mission

To promote the health and quality of life of women through an understanding of menopause.

The NAMS Mission is being fulfilled through the work of dedicated health professionals from multiple disciplines who comprise the membership of the Society. At year-end 2009, our 1,907 members from 53 countries included primarily physicians (70%), with most being obstetricians-gynecologists or reproductive endocrinologists—followed by nurse practitioners (11%) and many other healthcare specialists and research scientists focused on the field of menopause.

Our Consumer Constituency

Each day in North America alone, over 6,000 women reach menopause. Our goal is to empower them with accurate information to make informed decisions that support optimal health and quality of life during this passage and in the years after. For these women we have:

- Consumer pages of our award-winning Web site
- *Menopause Flashes*®, our complimentary e-newsletter
- NAMS pages on Twitter and Facebook
- *Menopause Guidebook* and *Early Menopause Guidebook*
- MenoPaks
- Monthly articles in *MORE Magazine* online

Our Professional Constituency

During 2009, NAMS continued to serve as the unique forum where our members and other healthcare provider experts and research scientists work to best translate the latest findings into clinical practice answers. These are some of our offerings:

- 2009 Annual Meeting in San Diego
- *Menopause: The Journal of The North American Menopause Society*
- *Menopause Practice: A Clinician's Guide*
- Professional pages of our award-winning Web site
- Position statements on osteoporosis & hormone therapy
- *Menopause Management* magazine
- *First to Know & Menopause e-Consult* e-newsletters
- NAMS Menopause Practitioner Certificate
- Scientific Mentorship Program
- Continuing medical education activities
- Collaborations with Medscape.com, Penn State College of Medicine, and Advanstar Communications
- Media attention through articles and advertising

Our Donors

NAMS and the NAMS Foundation extend heartfelt thanks to the following donors who have generously contributed to support the NAMS Mission. You have touched the lives of many women.

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NAMS and NAMS Foundation Consolidated Statements of Financial Position

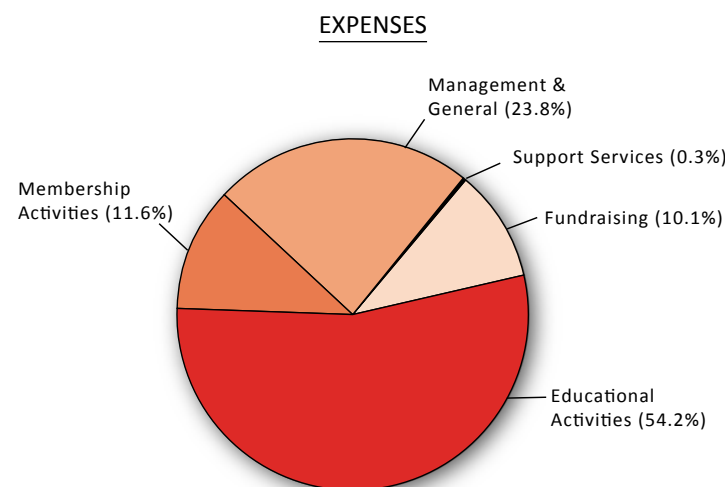
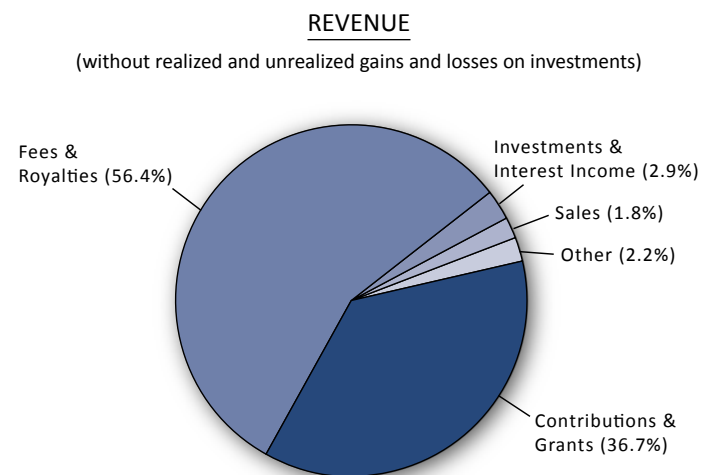
	December 31, 2009	December 31, 2008
Cash	\$ 436,793	\$ 415,784
Investments (at fair value)	3,049,647	2,404,244
Other	374,294	582,470
Assets	\$ 3,860,734	\$ 3,402,498
Liabilities	\$ 439,085	\$ 155,152
Net Assets	\$ 3,421,649	\$ 3,247,346
Total Liabilities and Net Assets	\$ 3,860,734	\$ 3,402,498

NAMS and NAMS Foundation Consolidated Statements of Activities

	For the year ended December 31, 2009	For the year ended December 31, 2008
Membership Fees	\$ 394,625	\$ 413,304
Contributions and Grants	1,197,206	1,709,071
Meeting Fees and Exhibits	838,057	742,415
Competency Exam Fees	46,450	65,325
Royalty Income	559,643	236,331
Sales of Educational Materials	60,320	125,767
Investment/Interest Income	93,152	184,861
Net Realized and Unrealized Gains and Losses on Investments	560,205	(1,538,135)
Other	70,473	12,610
Revenue and Support	\$ 3,820,131	\$ 1,951,549
Membership Activities	\$ 421,153	\$ 615,597
Educational Activities	1,977,131	2,266,917
Support Services	10,322	15,015
Management and General	867,261	681,349
Fundraising	369,961	149,198
Expenses	\$ 3,645,828	\$ 3,728,076
Change in Net Assets	\$ 174,303	(\$ 1,776,527)

Distribution of Revenue and Expenses Consolidated Statement of Activities

As of December 31, 2009



This financial information is extracted from the audited financial statements available at the NAMS Central Office, and includes the consolidated accounts of NAMS and the NAMS Foundation.

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May 2010